

HOLISTIC CENTER LA SERRA

BODY BEAUTY INTENSIVE PROGRAMMES - Salin de Biosel

Tailored intensive body care programmes which combine different specific rituals to reduce cellulite, and to visibly improve the tone and texture of the skin.

Rituals included in each programme are selected to offer a tailored solution to the individual skin problem in order to maximise result's effectiveness. Rituals are based on the most advanced massage techniques and on the use of highly natural elements combined in mudtherapy, seaweed therapy, phytotherapy, oligotherapy, balneotherapy and hydromassage.

CELLULITE PROGRAMME

A package of 10 specific cellulite reducing rituals selected and tailored to suit the individual kind of skin problem in order to drastically reduce the unaesthetic effects caused by cellulite.

(allow 80 min. per ritual)

Purifying Phytotherapy – light water retention

- Specific massage with customised products enriched with oligo elements and vitamins;
- Body peel and phytotherapeutic revitalising envelopment to reactivate micro circulation;
- Wei Ki energetic bath.

Energetic Seaweed Therapy – cellulite

- Specific massage with customised products enriched with oligo elements and vitamins;
- Total remineralising and draining envelopment with seaweed from Brittany;
- Wei Ki energetic bath.

Revitalising Mud Therapy - excess fat

- Specific massage with customised products enriched with oligo elements and vitamins;
- Envelopment with reactivating-lipolytic white clay;
- Wei Ki energetic bath.

Draining Seaweed Therapy - cellulite with water retention

- Specific massage with customised products enriched with oligo elements and vitamins;
- Remineralising and draining envelopment with oceanic seaweed;
- Wei Ki draining bath.

Vitalising Phytotherapy - cellulite with excess fat

- Specific massage with customised products enriched with oligo elements and vitamins;
- Draining and lipolytic envelopment with reactivating plant extracts;
- Wei Ki energetic bath.
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Each ritual is concluded with relaxation and a purifying herbal tea in our suite's private garden.

*Specific **Salin de Biosel body care anti-cellulite products** are available to treat yourself at home. Our staff will be delighted to suggest you the right products for your personal beauty ritual.*

TONING & LIFTING PROGRAMME

A package of 10 specific rituals combined to visibly improve the tone and texture of the skin. These rituals are ideal to fight skin relaxation and enjoy a toned and firmed up body.

(allow 80 min. per ritual)

Purifying Phytotherapy - skin toning

- Specific massage with customised products enriched with oligo elements, vitamins and minerals;
- Body peel and nourishing-firming phytotherapeutic envelopment;
- Wei Ki energetic bath.

Energetic Seaweed Therapy - deep firming

- Specific massage with customised products enriched with oligo elements, vitamins and minerals;
- Firming and remineralising body envelopment with seaweed from Brittany;
- Wei Ki energetic bath.

Vitalising Mud Therapy – firming lifting

- Specific massage with customised products enriched with oligo elements, vitamins and minerals;
- Firming and nourishing envelopment with white clay;
- Wei Ki energetic bath.

Draining Seaweed Therapy – firming for skin with water retention

- Specific massage with customised products enriched with oligo elements, vitamins and minerals;
- Draining and firming envelopment with oceanic seaweed;
- Wei Ki draining bath.

Revitalising Phytotherapy – firming compact skin

- Specific massage with customised products enriched with oligo elements, vitamins and minerals;
- Firming and lipolytic envelopment with plant extracts;
- Wei Ki energetic bath.

Each ritual is concluded with relaxation and a herbal tea in our suite's private garden.

Specific **Salin de Biosel body care toning and lifting products** are available to treat yourself at home. Our staff will be delighted to suggest you the right products for your personal beauty ritual.